



A Nutrition Resource

ENERGY BITES

Yield: 8 Servings | Serving Size: 2 bites

Cost/Serving: \$0.50

Ingredients:

- 1/2 cup creamy peanut butter
- 1/2 cup honey
- 2 cups nonfat instant dry milk
- 1 cup quick oatmeal (unflavored)
- 1/2 cup crispy rice cereal

Directions:

- 1) Collect and measure all ingredients before starting to prepare the recipe.
- 2) Combine all ingredients in a bowl. Mix ingredients with a spoon until combine.
- 3) Using clean hands, shape the mixture into 16 balls that are approximately 1" in diameter.
- 4) Store at room temperature in a sealed container. Eat within 3 to 5 days.

Be creative! Add 1/2 teaspoon of ground cinnamon and/or 1/2 teaspoon vanilla extract in step #2.

This recipe and photo are used with the permission of Colorado State University Extension/s Eating Smart Being Active program.

Nutrition Facts

8 servings per container	
Serving size	2 Energy Bites (84g)
Amount per serving	
Calories	250
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 150mg	7%
Total Carbohydrate 34g	12%
Dietary Fiber 1g	4%
Total Sugars 27g	
Includes 17g Added Sugars	34%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 213mg	15%
Iron 1mg	6%
Potassium 323mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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This Institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. This work is supported by the Expanded Food and Nutrition Education Program (EFNEP) from the USDA National Institute of Food and Agriculture. USDA is an equal opportunity provider, employer, and lender. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.

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